

QC

WINE WORLD:

A drinkable white that deserves a spot in your fridge **P. 22**

SHARP EATS:

Traditional dishes you can make to celebrate Chinese New Year's **P. 24**

SPACES:

An inside look at a renowned Saskatchewan artist's home **P. 26**

SERVING A CITY

THE LONGSTANDING
SERVICE CLUB IODE
IS PART OF
REGINA'S DNA **P. 8**

Noreen Edwards

FREE

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ON THE COVER P. 8



Jean Polgar, Joan Chortland, Joan Macdonald look over a report of the potential KCC at a meeting in Regina in 1982. LP FILE PHOTO BY DON HEALY

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The cork dorks may not agree but this wine deserves a spot in your fridge

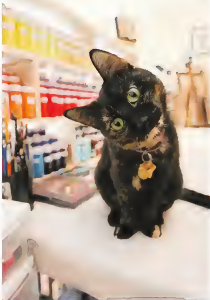
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Traditional dishes you can prepare at home to celebrate Chinese New Year's

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Documentalist Hugo Alencaster's house is full of treasures — of the artist and animal kind
QC PHOTO BY MICHELLE REED

QC COVER PHOTO BY DON HEALY

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ON THE SCENE

A GOLD MEDAL CELEBRATION

The talents of Regina chefs were celebrated Jan. 30 at the Doubletree by Hilton's Capital Ballroom during A Gold Medal Celebration. The Regina branch of the Canadian Culinary Federation hosted the event.

It was an opportunity for the public to sample the Queen City's top chefs' best dishes. The chefs included Milton Rebello of the Wascana Golf & Country Club, Leo Planted of the Canoeists Arts Center, Geoffrey Casswell Murphy of Double Tree by Hilton and Jonathan Thalerger of Crave Kitchen + Wine Bar.

In addition to the four award-winning chefs' tasting stations, three other tasting stations were set up and were paired with each dish served.

Proceeds from the event will go into an exclusive fund for local chefs.

QC PHOTOS BY MICHAEL BELL



1. Deborah Bush and husband Thomas

2. Ryan Laidlaw left and Kim Boyay

3. David Gompel and Angela

4. Chef Milton Rebello right, passes out some of his dishes

5. Graham Warner and his wife Doreen

6. Christine left and her husband Gene Ruppinger

7. Ashley Sherry, chef-de-cuisine at the Radisson



IN THE CITY

■ JANUARY 30, 2015 — 8:01 P.M.

Old style rock 'n' roll



Dillon Gaskin looks out at an L-Powering the door (above) during the first night of the Caribou Arts Centre on Saturday, Jan. 30, 2015.



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Trelle and Graham
Kolojay's uplifting union

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ON THE COVER

We did worthwhile things. We felt we were committed and we always had good meetings. — Noreen Edwards

IODE

Women's group leaves lasting legacy in Regina

By D.C. Fraser

In 1883, Regina was in the middle of a growth period. The province was between record-breaking crop years, birthrates were rising and more people were moving off the farm and into the city.

A bustling arts scene was gaining traction, even though the MacKenzie Art Gallery was still under construction. At Toy for Field, the Saskatchewan Rogabriders were having a fun and season and would drink in last place.

And all this, 52 Regina women gathered at a home on the 3600 block of Victoria Avenue. They wanted to form a service club. The founding members chose to keep membership closed and capped at 30. Fees were \$5. They decided on a motto — "grace to serve faithfully." The women also chose to name the club after James Henderson — a well-known Saskatchewan art at The James Henderson L.L.D. chapter of the IODE was born.

Noreen Edwards joined a few years later. By that time, the women's only service club already had large-scale, successful projects, such as an annual fundraising fashion show and adopting schools to support financially.

"I just felt it was very worthwhile. Sometimes I thought maybe I'd like to join something else but then I thought no because we really do great work," said Edwards.

The Imperial Order of the Daughters of the Empire began in Quebec in the early 1900s. It was a way for women to come together and support each other and the troops during the First War.

By 1914, with the help of W.M. Martin — the wife of former premier Melville Martin — Saskatchewan was home to 21 chapters of the IODE. By the end of the First World War there were 60 chapters.



Shirley Rowley gets John McHenry a hand into a truck, which the IODE Victoria Regina chapter purchased for the Red Cross. UP FILE PHOTO BY JIMMY NELSON

We had a lot of fun at parties, mind you, but when we were working it was serious
— Olive White

For many of the women, it was their opportunity to help the war effort. Large-scale volunteer efforts sent packages of knitting and food to soldiers overseas. More than \$500,000 was raised during the war through fundraisers like tag days.

The name of the organization tells a story in itself about those who joined. At its core, members of the IOOE were strong supporters of the monarchy. When the province's chapters organized in 1915, the motto was "keep it in for the King." It wasn't political or sectarian, but one of its mandates was "to stimulate patriotism and to inspire loyalty to the Crown."

Over time, the organization evolved. The full name — Imperial Order of the Daughters of the Empire — was shortened to simply IOOE in the 1930s, although if you ask, members will still tell you the letters stand for the original name. When wartime ended, Saskatchewan's IOOE members refocused their efforts on helping local communities.

The James Henderson Ltd. (JH) Chapter's list of projects is testament to a long history of community commitment.

Edwards was close to the ground level of that chapter. She joined IOOE in 1961, shortly after the birth of her daughter, at her husband's suggestion. She would remain a member for over 50 years.

Over that time, her chapter donated over \$48,000 to the General Hospital and helped establish and finance the ongoing Play Therapy program, a specialized method of child psychiatry. The women helped Regina's Transition House and 540-PLA House (two women's shelters), helped finance schools in northern Saskatchewan, worked with citizenship court and funded businesses.

"We did worthwhile things. We felt we were committed and we always had good meetings," said Edwards.

Most members came once and stayed for decades. Without doubt, the organization gave the women a strong sense of purpose and a tangible stake in the community but they also had fun.

Continued on Page 10



George Alexander (left) and Olive White were members in the Regina chapter of the Imperial Order of the Daughters of the Empire (IOOE). (COURTESY: GEORGE ALEXANDER)

I just felt it was very worthwhile. Sometimes I thought maybe I'd like to join something else, but then I thought no because we really do great work — Edwards

"Obviously, we were friends too. We had a lot of shared parties, mixed you, but when we were working it was serious," said Olive White, longtime chapter member.

Friendships formed and even helped recruit new members. White's best friend of 46 years, Carolyn Alexander, became a member because she already had a sense of the work they did.

"I joined because she joined, but a few years later," said Alice Under.

Many of the city's institutions were assisted by the 3000s. According to the James Henderson chapter records, members helped furnish the Vancouver Refugee or Refugee lounge and rooms at the CNBB, YWCA, Cancer Outpatient Lodge, SOPA House, Transcendental House, the Centre of the Arts and City Hall.

A portion of the money used

for these projects came from the chapter's annual fashion show. The first one was held in 1966. In 1980, the fundraiser was held at the brand new Centre of the Arts. Tickets were sold for \$1.25. It was one of the first public events held at the new building.

"We weren't absolutely certain the Centre was going to be open or ready," she said. "Of course, everybody wanted to see the Centre of the Arts."

It's no surprise the event sold out. Simpson's department store, one of the city's large-scale department buildings, provided the clothing. The fashion show moved locations over the years, but for over a quarter of a century it was one of the club's best fundraisers.

"That was one thing we were known for. They were always a huge success," said Edwards.



Louise Peque, Margaret Henry, Joyce Macdonald and Barry McLean take a break from the 42nd annual meeting of the national 3000s held in Regina in 1987. Left to right in 1988: Peque, Henry, Macdonald.

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Sauce, Apricot & Fig Compote, Chilled Asparagus

or

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Caramelized Onion Beef Potatoes & Bacon, Baked Beef Chops with Cream

or

Two NY Cakes: Caramel Pecan, Cheese & Tomato Mashed Potatoes
Warm Chocolate Cake, Apple Cinnamon Caramel Apples, Orange Family
Sage Cakes, Mixed Strawberry Sides

Warm Chocolate Cake, Apple Cinnamon Caramel Apples, Orange Family
Sage Cakes, Mixed Strawberry Sides

Freshly Baked Cakes or Tarts

We were all together, the Queen was our royal patron so we had a connection there. The flag meant something to us. These are all little things that are strong. They count. — Edwards

At its height, the *Imperial Order of the Daughters of the Empire* (IODE) was said to be the largest women's organization in the world.

"We were one of the busiest chapters that did the most in its size," said White.

The local chapters all contributed to the provincial chapter, which also made its mark on the province.

By 1915, the organization built and equipped part of Port Hope, a treatment centre for tuberculosis patients. In 1964, as the provincial chapter celebrated its 50th anniversary, a substantial donation from IOODE helped the University of Saskatchewan establish a library to be used by teachers in its original and Media communities. By 1964, over \$1 million had been spent on education and service work.

Throughout, the IOODE kept close ties to its traditions. Starting in the 1960s, a "Commonwealth Correspondence" was started in some Saskatchewan schools. It helped connect more than 1,000 students in the British Commonwealth to each other through letter writing.

Members gave lessons to immigrants and refugees applying for Canadian citizenship. They told applicants about their rights of being a Canadian citizen and offered some English classes. A change in Citizenship Court procedure ended the classes, but the IOODE continued to help out at citizenship ceremonies and maintained a close relationship with Government House. Each meeting opened with a prayer and pledge of allegiance to the Queen.

"I was always proud to be a member, and I think that was the general feeling. We were all together; the Queen was our royal patron so we had a connection there. The flag meant something to us. These are all little things that are strong. They count," said Edwards.

The James Henderson chapter of the IOODE recently disbanded. Members grew older and it became harder to recruit new ones. "Everything became a little



Members of the Imperial Order of the Daughters of the Empire have been working hard to keep the IOODE alive and thriving.

harder to sustain," said White, adding many members were not in good enough health to be fully committed to all of the chapter's projects.

Today, Regina is again in the midst of growth. New buildings are under construction. More

people are moving here. The IOODE is a nearly threat to win it all. The art scene is well established. People living here have access to health care and good education.

Only one chapter of the IOODE remains in all of Saskatchewan — the Prairie City chapter. Its still

active, but overall membership in the IOODE has dropped significantly. The future of the organization in Saskatchewan isn't a certainty, but it's safe to say the IOODE is connected to Regina's history.

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NEW YORK TIMES Edited by Will Shortz

ACROSS

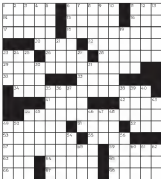
- 1 Misadventure
6 Not at all; you had my "at" in a classic movie line
11 See 36 Down
14 Sauce commonly served with seafood
15 Had a home-cooked meal
16 Treasure lost on the Spanish main
17 Material that may be used instead
18 Figurative for one
20 Coat
22 Keep time at Greenwich on Greenwich
23 1952 or 2004 Winter Olympic host
26 Four is best when it's a four
28 Author with the movie "Mr. & Mrs. Smith" always told the truth about his color
29 "Friday" football play
32 It's a word in a day tale
33 Actress named
34 "A Day in the Life" by The Beatles
41 South American without
42 Does something with
44 Essential feature of a PC
45 Not home changes

- 51 Level
52 Ring
53 Ad for store's security
55 Top on apron
57 Miquil suit
58 Sent help they've
59 Mean for a while
64 "I'm not a doctor" actor Jason
65 One of the oldest continuously functioning taverns in the Americas
66 Curious old-world musician

- 68 One who links up
69 "The Godfather" film
70 Labeled a "badass" musician
71 Weight for a prize
72 "..." seems fitting. "

DOWN

- 1 Pithy bit
2 Very rare baseball result



©2008 by Will Shortz

- 31 Subliminal battery
34 Award/competition "Nobel Prize"
35 They might head on ABC
36 Not at all
37 "I got my ending" singer George is a wife
38 One of the oldest continuously functioning taverns in the Americas
39 Curious old-world musician
40 One who links up
41 "The Godfather" film
42 Labeled a "badass" musician
43 Weight for a prize
44 "..." seems fitting. "

- 33 Habsburg
36 Louis count
37 Determination
38 Baseball puzzle
39 Effusion
40 At Montreal's Quebec song about on TV Award
41 Statue
42 Smoke
43 "Code this way"
44 School bus in a manner of speaking
45 Housenote is a play
46 "In your dream"
47 Big name means
48 Trained interest
49 De well then
50 Hand ... suits

- 46 What the Habsburg monarchs claim
47 Big name means
48 One word, an answer
49 "No more for me please"
50 Russian's pretty title
51 King showing property
52 Caravan who went to Stanley Cook
53 One of the famous names
54 Jay on "Modern Family" e.g.
55 House for which David G. Brown once wrote an best

JANRIC
CLASSIC
SUDOKU

Levels Grid

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Easier (Easiest) to Super Hard (Hardest)



Solution to the crossword puzzle and the Sudoku can be found on Page 22

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| 2012 GMC Acadia SLT leather | \$34,995 |
| 2012 Ford Edge | \$24,995 |
| 2012 Jetta Highline TDI | \$25,995 |
| 2011 Mercedes Benz C63 AMG | \$49,995 |
| 2010 Chev Travers LT 8 Pass | \$19,995 |
| 2010 Toyota Corolla | \$13,995 |
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COMPLETE THE LOOK

In addition to the products that are used in the three-step DevaCurl process, the company has many other fun products, like a hand-shaped diffuser that starts the drying process at the roots and allows the curls to fall naturally, and DevaCurl Mist-or-Right, a curl refresher and scalp rejuvenator that's infused with lavender to deodorize, refresh and revitalize curls.



Curly hair with no frizz and no fuzz, nor the resulting tangles and knots? For people who sport curly locks, that may seem like an impossible dream, but it can be a reality.

"Frizziness is not a kind of hair — it's a symptom of a hair type," said Jenness Covatta, a national DevaCurl educator. "You can have healthy, naturally gorgeous, frizz-free curls." And she, along with a team of Beauty Depot stylists, set out to prove that had to more than two dozen women who had gathered at Beauty Depot's Victoria Square location.

The event was the Beauty Depot-sponsored DevaCurl Discovery Night, and Covatta was there to introduce clients to the benefits of DevaCurl products, demonstrate the products on the clients' own hair and provide a refresher course on the DevaCurl system for most of Beauty Depot's stylists.

"Those who have curly hair often see it as a problem that has to be dealt with, and even stylists tend to view it as something that needs to be fixed. Covatta, who is a stylist at her own hair studio on Windsor, Ont., believes the problem is not with this type of hair, but rather with the way it has traditionally been treated. "Curly hair is not a problem at all. It has just been treated with cosmetic solutions [such as the addition of silicone, which is actually a water-repellent and therefore has a drying effect on hair] but not really treated with a real solution," she said. "The curly girl will always fight some version of



frizz and that's the challenge. For stylists, not knowing enough about the culture of doesn't have to be hard."

DevaCurl was one of the first hair companies to replace harsh, dry detergents with gentle, hydrating ingredients, balanced actives, making it easy for stylists and their clients with curly hair — to create smooth, silky hair without caffeine or grease. The DevaCurl program consists of three steps: cleansing, hydrating and defining, with a fourth step designed to gently move curly hair and bring out its natural beauty. Covatta, "Deva really is a life changer. If you're always seeking the answer for your hair, Deva does really solve it."

The first step of the process involves shampooing — a shampoo alternative that contains no harsh, dehydrating chemicals, as sulphates, parabens and silicone. Appropriately named No-Poo, it is possibly the revolutionary of the company's products. It is no lather as it gently moisturizes, hydrates and cleans the scalp and hair to reveal its bouncy, natural curls.

Step two addresses curly hair's moisture imbalance to help it stay hydrated all day long. Using a DevaCurl conditioner, or DevaCurl One Condition, provides hair the moisture it needs without weighing it down. Hair with a high frizz factor, some of which conditioner can even be left in — hair that the conditioner it needs and release what it

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Properly applying a DevaCurl gel gives curls the definition that curly girls love, without the crunchiness that often comes with other gels. DevaCurl Light Defining Gel is an alcohol-free, light hold, moisturizing and defining gel that is ascratched into the hair, while wet and then, when the hair is dry, forms a moisture protecting coat to enhance curls.



Couture stressed the importance of working with a stylist such as those at Beauty Depot, who is trained in the DevaCurl system. "Anybody can sell or use the products, but it's the kind of line that requires a good amount of information about it because you use it different than any other line — you use it in such a wet state," she said. "Good hair the day that you leave the salon is one thing, but giving yourself good hair every single day is another. So you want to be able to be coached on how to style your own hair and how to use the product, and then you can treat it. I work in the beauty industry, so why wouldn't I want to make a woman feel beautiful every day and feel beautiful the way she is?"

Couture herself has curly hair and has experienced the frustration that used to involve, so discovering DevaCurl products has been gratifying for her on both a personal and professional level. "Curly girls have to grow up almost apologizing for their hair, and that's not the way it should be. I thought my hair was straight and funny and then until I found DevaCurl and I learned how to be able to celebrate my curls," she said, "but what we are celebrating is not just curls — it's the ability to really love yourself in your natural state, and it really does translate into

a large amount of self-acceptance. I think that's really important. What we create is beautiful."

Once the "curly girls" at Beauty Depot's DevaCurl Discovery Night had compared their "before" look with the "after" results in the mirror, they were convinced of the benefits of DevaCurl.

This is not the first time that Beauty Depot has held a DevaCurl Discovery Night. Two years ago a similar event was held. "It was a great success and the people that were there are still quite committed to the product," said Beauty Depot owner Ken Clarkson.

He began offering DevaCurl products to better serve his clients with curly hair. "A lot of people have curly hair and before DevaCurl, there was a lot of frustration," he said. "It's amazing stuff."

DevaCurl products can be purchased at the Victoria Square or the Golden Mile Shopping Centre Beauty Depot locations. For more information about, and demonstrations on DevaCurl products, contact Beauty Depot or visit mydevacurl.com.



before



after

THE DevaCurl CUT at Beauty Depot

A key component of the DevaCurl style is the haircut. To get the best curly-hair cut possible, arrive at the salon with your hair clean (don't apply any product), dry and in its natural state (not pulled back or pinned). Your Beauty Depot DevaCurl stylist will cut each curl separately, the way it falls naturally, which will result in an even look, even though some curls may tend to bounce up more tightly than others. When curly hair is cut using traditional methods — combed straight when wet and cut evenly across — the final look will not be as even.

"Your hair should be soft. You want to be able to do go stuff. You want to be able to drive with the top down in a convertible in the summer."

—Jennessa Couture, DevaCurl educator

VICTORIA SQUARE MALL — OPEN 7 DAYS A WEEK

306-789-1445

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Feb. 6

Wednesday Night Folk: Geoff Smith
Bushwacker, 3305 Dewdney

The Alley Gangs
Leopold's Tavern, 2330 Albert St.

Thursday, Feb. 7

Live music
Fat Badger, 1852 Scarth St.

Billy Grant
The Pump, 661 Victoria Ave E.

Edwards's Tribute to Bob Marley
Moxley's, 2226 Dewdney Ave.

Friday, Feb. 8

Ask Pichay
WGR, 3475 Toronto St.

Open Jam
6-11 p.m. Eastview Community Centre, 603 6th Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Tree Centre, 3019 Dean Dr. Call Mike, 250-550-3391

36 Special
Cathie Regins Show Lounge
880 Saskatchewan Dr.

Odd Man Out
Edwards, 2330 Dewdney Ave.

Billy Grant
The Pump, 661 Victoria Ave E.

The Classy Chauncey Bears to Hootenaws
O'Hare's, 1947 Scarth St.

Walt
8 p.m. ENKA, Carrefour des Nations, 3650 Hildale St.

Scott Richmond, Geoff Wall
8 p.m. Artful Dodger, 1631 7th Ave.



Catherine MacLellan performs Sunday at The Exchange. (Photo: Mike Hall/Post)

Saturday, Feb. 7

Open Acoustic Jam
3:30-6 p.m.
Broadway's Lounge, 1307 Broadway Ave.

Kamoka
Broadway's Lounge, 1307 Broadway Ave.

Jason Goss
Cecilian Cabaret Series
7:30 p.m. Knox Metropolitan Church, 2034 Victoria Ave.

Music For All
Saskatchewan Choral Federation concert featuring the Saskatchewan Youth Chorus, Antishang (Winnipeg) and Westlana Voices. Tickets available at www.scfchcra.ca
7:30 p.m., First Baptist Church, 3241 Victoria Ave.

Snake Oil Salesman
The Luncheon, 4329 Gordon Rd.

Snake Break and the Shivas
Moxley's, 2226 Dewdney Ave.

Odd Man Out

Saturday, 3303 Dewdney Ave.

Billy Grant
The Pump, 661 Victoria Ave E.

Mid-Winter Cellar
The Exchange, 2431 Eighth Ave.

Randy Moore
Carmichael Outreach fundraiser, 8:00
2-4 p.m. RPL Film Theatre, 3211 12th Ave.

Open Jam
Every Sunday 3-5 p.m.
Majo Club, 639 Victoria Ave.

Catherine MacLellan, Chris Gauthier
The Exchange, 2431 Eighth Ave.
Until Feb. 4, Dunlop Art Gallery
— Sherwood Village Branch, 6121 Hochdale Blvd.

All You Need Is Love
Musical North fundraiser
Hotel Saskatchewan, 2025 Victoria Ave.

Mary Gertlins, Tyler Gilbert
Creative City Centre
M&A Hamilton St.

Sunday, Feb. 9

Monday Night Jazz & Blues: round Midnight
Bushwacker, 3305 Dewdney

Pink Floyd Experience: Four Sides of Floyd
Cathie Regins Show Lounge
1880 Saskatchewan Dr.

Tuesday, Feb. 10

Kamoka
McNally's, 2326 Dewdney Ave.

VISUAL ART

Hilana Velkova: Splendid
Velkova's work explores how perceptions of "Canadianism" are constructed. The photographs, lush and gorgeous, depict Velkova as a symbol of idealized Canadianism.
Until Feb. 4, Dunlop Art Gallery
— Sherwood Village Branch, 6121 Hochdale Blvd.

Hidden in Plain Sight
A visual conversation between two artists, Kim Linn and Anne Michalos, who share

a sensibility and an appreciation for the ephemeral. The show includes 60 small paintings and mixed media works.
Until March 4, Opening reception Feb. 4, 7-9 p.m.
Art Gallery of Regina, Neil Salkowitch Clinic Arts Centre, 2420 Elphinstone St.

Intimate Details in Vectors
A collection of 18 framed prints on archival watercolour photographic paper. Through the camera lens, the artists have probed and explored textual elements in the everyday world: culture, nature, Texas, exotic and compel us to see beyond that which is in front of us and to experience a powerful visual impression and examine more deeply the notion of temporality.
Feb. 5-March 31
Artful Dodger, 1631 7th Ave.

Creper: Thunderbird & Symphonies on the Art & Life of Norval Morrisseau
Panelists: Barry Ave, Tom Hill, Carmen Roberts on, Armand Gaumet Ruffo and Jessica Wilson each bring unique

sight and perspective to Morrisseau's development and contribution to Canadian Aboriginal art history.
Feb. 6, 1-4:30 p.m.
First Nations University of Canada.

Norval Morrisseau: How Changing Into Thunderbird
Book reading and signing with author Armand Ruffo
Feb. 6, 7-9 p.m.
First Nations University of Canada.

Persons of Interest
Is this moment public or private? Is recorded or unrecorded? Is intimate or anonymous? More than ever, how we see ourselves is inseparable from how we are being seen. Art by Vancouver artist Kim Linn.
Feb. 7-April 5
MacKenzie Art Gallery, 3475 Albert St.

Castles the Imagination
Tracing the art of casting from its roots in Asia and the Ancient Near East to works that appear the 20th century.
Until Feb. 8, MacKenzie Art Gallery, 3475 Albert St.

Sandra Knowles: It's All About Saskatchewan
Saskatchewan landscapes in vivid colour and dynamic lines. Energetic patterns capture a sense of motion that is evocative of her experience of life on the prairie.
Until Feb. 23, Mague Gallery, Creative City Centre, 1631 Hamilton St.

Landscape and City, People and Place: Contemporary Canadian Film Art
The Artists of Scott Nicholson Fine Arts

Until March 22, Government House, 4697 Dewdney Ave.

Mata Talley
(Formerly Mystical) 106-2300 Broad St.
Open Tuesday to Saturday, 11 a.m.-6 p.m.

EVENTS



Canadian artist Norval Morrisseau being celebrated Friday in two First Nations University events. PHOTO BY PAUL PHOENIX

Mo'etani' Oritia

Works by 24 female artists of different ages, from a variety of disciplines and cultural backgrounds, using both traditional and new media, explored the senses with bright colours and delicate fine motifs.

Until April 5, Dunlop-Central Gallery, 2311-12th Ave.

Norval Groves

822B-185 6 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Laurenspace and Skyi Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts

Until April 30, Degrise Centre Crossing, 1621 Albert St.

Acacia Holm Gallery
2265 Smith St.

What you need to know to plan your week.
Send events to QC@leaderpost.com

Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Newness Gallery

2448 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Delisted GPH and Fine Arts
Oil and ink paintings by Chinese Artists Kingston Aving and Huaiji Tian
2212 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

Sista Fine Art Gallery
2038 Waterloo St. Open Tuesday to Friday, 10 a.m.-6 p.m., Saturday 10 a.m.-5 p.m.

PERFORMANCE

Small Boy Dreams
Written/directed by Kelly Han-

cock, featuring Kent Evans.
Presented by Curtin Records
Feb. 6-7, 7:30 p.m.
Feb. 8, 1:30 p.m.

U of R Indell Centre Studio Theatre
Unleash The Spaces
Until Feb. 8
Globe Theatre, 1621 12th St.

The Last Five Years
Presented by Golden Apple Theatre, starring Karlynn Semple and Leon Willey. It explores a five-year relationship, the man's story is told in chronological order, while the woman's is told in reverse chronological order. \$30
Until Feb. 14, 8 p.m.
The Arden, 2627 12th Ave.

Musical Series

Feb. 6
New Dance Horizons, 2207 Harney St.

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EVENTS

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Brian Regan brings his self-deprecating sense of humour to the Coopers Arts Centre on Saturday.

The Vertigo Series
Revolving by Julie Murray, Michael Rorison, P.J. Worrell and Heather Post-Hamm. Music by Rob Sanctuary
Feb. 8, 7:30 p.m.
Civic, 1925 Victoria Ave.

#COMEDY

Laughlines 3
Featuring Mike Daniels, Ken Hicks and Derrick Deninger
\$20
Feb. 6, 8 p.m. St. Mary's Hall,
2020 Winnipeg St.

Brian Regan
Feb. 7, 8 p.m.
Coopers Arts Centre
200 Lakeshore Dr.

The Laugh Shop
Live standup every Saturday
night, 5:30 p.m.

Romano Hotel, 1815 Victoria Ave.
#DANCING

Friday Night Dancing
Hosted by Adult Social Dance Group. \$5 per couple includes tea and coffee.
Every Friday, 8-10 p.m.
St. Mary's Anglican Church,
3337 10th Ave.

Warp Dance Party
Every Sunday
McNally's, 2226 Dewdney Ave.

#SPORTS

Reggie Peltz vs. Prince Albert
Feb. 3, 7 p.m.
Brandt Centre, Eves Place

Women's basketball
U of R Cougars vs. USC
Feb. 6, 6 p.m. U of R CHS

Reggie Peltz vs. Saskatoon
Feb. 6, 7 p.m.
Brandt Centre, Eves Place

Women's hockey
U of R Cougars vs. Mount Royal
Feb. 6, 7 p.m. Coopers Centre, Eves Place

Men's basketball
U of R Cougars vs. USC
Feb. 6, 8 p.m. U of R CHS

Western Canadian Strongman and Strongwoman Record Breaker
Proceeds support the Children's Hospital Foundation of Saskatchewan. This is the first annual Western Canadian Strongman Record Breaker.
Feb. 7, 11 a.m.-4:30 p.m.
18 a.m. Western Canadian Lad Press Championships

12:30 p.m. Mobility Training Class
1:15 p.m. Western Canadian Hercules Hold Championships
2:15 p.m. Cross Strength and Condition Class
3 p.m. Western Canadian Deadlift Championships
Adrenaline Personal Training
640 Angus St.

Women's hockey
U of R Cougars vs. Mount Royal
Feb. 7, 3 p.m. Coopers Centre, Eves Place

Women's basketball
U of R Cougars vs. USC
Feb. 7, 6 p.m. U of R CHS

Men's basketball
U of R Cougars vs. USC
Feb. 7, 8 p.m. U of R CHS

More Events on Page 20

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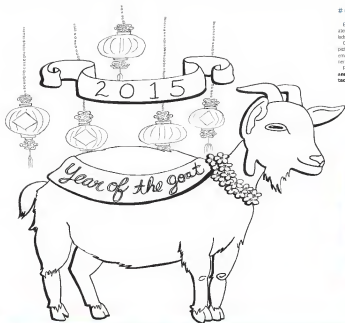
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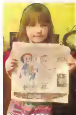


Colouring contest

Each week, artist Stephanie McKay creates a family discussion board to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to: steph@stepmckay.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's OC colouring contest winner was **Myaalee Lucero**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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Wendy's

EVENTS

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Ice Breaker Cheerleading Competition

Featuring 900 participants.
\$10 admission. Feb. 7
Sound Stage, 1830 College Ave.

Regina Polo vs. Spokane
Feb. 7, 7 p.m.
Bonds Centre, Elvis Place

#FOR FAMILIES

Stars and Strellens
Wednesday, 1 p.m.
Couples Odeon Southland
Mix, 3025 Gordon Rd.

Bake a Difference
Combat bullying through
baking: spread kindness with
a cookie
Wednesday, 5-7 p.m.
Sweet Ambrosia Bake-
sheep, 330 Winnipeg St. N.

Drop-In crafts and gym
Free event for youth aged
9-18. Thursday, 6 p.m.
Eastview Community Centre,
615 5th Ave.

Drop In Indoor Playground
Friday, 9-11 a.m.
South Lokarno Centre, 170
Sunset Dr.

**Mom and Tot Booked Meet-
ings**
Hosted by Kate Murray, 305-
219-211.
Friday, 10-11:30 a.m. Early
Learning Family Centre,
5000 Colquhoun, 330-714
Jus

Build and Grow Clinics
Build a special fitness
project. For children age 5
and up.
Saturday, 10 a.m.
Lewtas, 4095 Gordon Rd.

Michael's Kids Club
Saturday, 10 a.m. - noon
2058 Prince of Wales Dr.

Science Time for 2014
Interactive workshop aimed
at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-



The Ice Breaker Cheerleading Competition takes place Saturday at the Sound Stage. QC FILE PHOTO BY MICHAEL BLO.

tre, 2903 Powerhouse Dr.
Family activities
Saturday and Sunday, 3 p.m.
Saskatchewan Science Cen-
tre, 2903 Powerhouse Dr.

Family Favourites at Rinas
Enjoy a Favorite Film for just
\$2.50.
Saturday, 11 a.m. Galaxy Cin-
emas, 420 McCarthy Blvd. N.

Family Judo Sunday
Sunday, 3-4 p.m.

**MacKenzie Art Gallery, 3475
Albert St.**

**Parent and Preschooler
Jungle Gym**
Monday, 9:30-11 a.m.
At Ritchie Family Wellness
Centre, 440 14th Ave.

Drop-in crafts and gym
Free event for youth aged
9-18. Tuesday, 4-6 p.m.
Eastview Community Centre,
615 5th Ave.

MUSEUMS

**Government House Museum
& Heritage Property**
4567 Dewdney Ave.
Tuesday to Sunday, 9 a.m.-4
p.m.

Civil Masters of Regime
1215 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday

Alan Young School Museum
1900 Fourth Ave.
Hours by appointment only
(306-523-3000).

RCHP Heritage Centre
5927 Dewdney Ave.
Open 11 a.m.-5 p.m. daily

**Saskatchewan Military
Museum**
1900 Elphinstone St.
Open Monday and Thursday,
7-9 p.m., or by appointment

(306-342-1347).

Regina Floral Conservatory
1506 4th Ave.
Open daily, 1-4:30 p.m.

Regina Firefighters Museum
1201 19th Ave.
Hours by appointment (306-
777-7714).

Royal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m.-5 p.m. daily

EVENTS

Saskatchewan Science Centre

2360 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
For Sunday, Monday and holidays, see 8 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame

305 Victoria Ave.
Monday-Friday 10 a.m.-6:30 p.m. Closed weekends

OTHER HAPPENINGS

ICMMP Sergeant Major's Parade

Weekdays, 12:45 p.m.
ICMMP Det 1 Division, 5000 17th Ave.

Waybom Mental Hospital - a historical look at the institution from 1921-1940

Presented by the Saskatchewan Archives Board as part of Archives Week, Emcee Frank Kornwiler's readers include also Greg Hill, Steve Hoffman and Jean Freeman
Feb. 4, 7-9 p.m.
Bushwacker, 2200 Dewdney

BriefShore

This faith-based program is for those who have lost a loved one to death. Led by facilitators, participants will watch videos by experts on the topic and then discuss together what has been viewed. Register by calling 304-302-0229. Free workshops, no charge for the program.
Feb. 4, 7 p.m.
First Baptist Church, 437 Broadway Ave. E.

The Ultimate Woman's Show Feb. 4, 8 p.m.

Cineplex Arts Centre
300 Lakeshore Dr.

Monthly AA Meeting

This month's topics include Has Growing & Preexisting and Good Non-Alcoholic Beers. New members are always welcome.

Feb. 4, 6 p.m.

Bushwacker basement classroom, 2200 Dewdney Ave.

Winter Carnival

Horse-drawn sleigh rides, inflatable games, a face painter, a balloon artist, snowcone races and a free hot lunch (noon).
Feb. 7, 10 A.M.-2 p.m.
Saskatoon Community Centre, 415 6th Ave.

Tea Time with Regina Girl Guides

Feb. 7, 1-4 p.m.
Sunset United Church, 177 Sunset Dr.

Stop smoking with Hypnotist Roseanne

Feb. 7, 7 p.m.
Surrendra Plaza, 1838 Victoria Ave.

Valentine's Tea

Hosted by Regina Garden Association. Music by Amelia Burton, refresh with the Regina Synagogue Orchestra. Tickets, \$6, available in advance at the Regina consistory (304-181-4788).
Feb. 8, 2:00 p.m. to 3:30 p.m.
Regina Floral Conservatory, 14-908 Fourth Ave.

Valentine's Tea

Hosted by Wascana Synagogue. Refreshments: Dairy, Dessert, Coffee/tea/sauce, baked goods, games and more. \$10.
Feb. 8, 3-5 p.m.
Wascana United Church, 3625 13th Ave.

Chewy Challenge

Drop-in gathering of board game enthusiasts.
Every Tue., 6 p.m.-midnight
The Regatta Plaza, 545 Albert St. M

FIILM

Curves Like 2014

The World's Best Curves... from the 2014 Cannes. Now International Festival of Creativity.



SpongeBob SquarePants comes to the big screen on Friday in *Sponge Out of Water*

No Evidence of Disease Documentary

Six geneticologic oncologists' suspicions form a band called N.E.D. (No Evidence of Disease) to raise awareness of women's health issues and geneticological cancers. What follows is a radical, inspiring, often humorous look at an unconventional group dedicated to giving hope to those brave women afflicted, and empowering everyone to break the silence surrounding geneticological diseases.

Regina Public Library Theatre
2011 12th Ave., 306-777-6104

Hight of the Butterflies Documentary

Join hundreds of millions of butterflies on an amazing journey to a remote highway in the mountains of Mexico.

Inherit of Lunatic: Madgenetic Documentary

Join scientist Patrick Wright on her lifelong mission to find answers and answers in

the modern world. Narrated by Morgan Freeman.

Journey to the South Pacific Documentary

Narrated by Cate Blanchett, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Jane, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter what he shares, sea turtles, marine rays, and other iconic creatures of the sea.

Interstellar Sci-Fi

A group of explorers make use of a newly discovered wormhole to surpass the limitations on human space travel and conquer the vast distances involved in an interstellar voyage. Directed by Christopher Nolan.

Kramer Love

2360 Powerhouse Dr.
306-528-6529

NEW MOVIES

Applite Ascending Action

Applite Jones (Jetta Watts) makes a living as a maid, not knowing her DNA marks her as potentially being the universe's next leader. When she's identified and ordered for execution, Caine (Channing Tatum), a genetically engineered ex-military hunter, arrives on Earth to rescue her. Returning to his planet, she begins to glimpse her fate. Her gene is a scorecard marks her as next in line for an extraordinary inheritance that would alter the balance of the cosmos.

Seventh Son Action

Master Gregory (Jeff Bridges) is a wizard who has imprisoned the evil, infinitely powerful witch, Mother Malkin (Julianne Moore), centuries ago. But now she has escaped and is seeking vengeance. Only one thing stands in her way: Master

Gregory. He has only until the next full moon to do what usually takes years: train his new apprentice, Tom (Ben Barnes), the seventh son of a seventh son.

The SpongeBob Movie: Sponge Out of Water Family

SpongeBob SquarePants comes ashore to our world for his most super-heroic adventure yet.

Galaxy Cinema
420 McArthur Blvd. N.
306-522-0588

Cineplex Odeon

Southland Mall Cinema
3220 Gordon Rd., 306-383-3383

Alamo Cinema

Golden Mile Shopping Centre
3406 Albert St., 306-359-5250

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| With complementary hot towel facial \$15 Only on - 10am - 11pm only With Gena Hovak | Shave & Haircut \$45.00 With Gena Hovak | SHAVE & HAIRCUT Haircuts short, long, straight, cut + blow dry Senior Price \$49+ SUN & MON 10am - 11pm only With Addie / Emma |

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WINE WORLD

SASKATCHEWAN WINE SCENE

Drinkable white deserves a spot in your fridge

By James Romanow

During the past few years, people who once drank nothing have come to enjoy moscato, another aromatic grape. It grows pretty much anywhere and is being vinified in super tankers from South Africa to B.C.

I've absolutely nothing to complain about here. (This might possibly be for the first time. You know you're old when you, AlMoSci have something to complain about.) Moscato makes a great peppy flavored light white wine that can be still or sparkling, sweet or dry and is as easy as water to a glass.

Resisting however, has taken on hard times, currently spurned by voracious wine snobs as too sweet. Further a shame that. For craftsmen, making has been a grape pursued by connoisseurs. Oh well. That's a Conformation for you.

The combination of these grapes — both grown in Germany by the way — is a remarkably easy drinking. Slightly sweet, it is the perfect wine to have with a shrimp stir fry or other Oriental dishes. What's more, you can have the food as spicy as you like because the higher end alcohol of the wine lets you get away with an other half bottle (one bottle of standard has about 110 to 130 ml of alcohol. One bottle of Delishious has 90).

The aromatics are dispersed considerably when served at the fridge temperature most



people will drink it at. Also, dailing back from a pure drinking, makes the wine more of a peach, and gives it less of a smoky drift out of aroma.

Whatever the reason, this is a perfectly drinkable light wine that deserves to be an everyone's fridge, even if you hate it behind the milk when your cork dork date comes visiting.
 1094 Denham Road, Saskatoon, SK S7N 1X4

Time for a red next week I think. But more when on Monday's StarPhoenix and on Twitter @jromanow

Crossword/Sudoku answers

| | | |
|--------|---------|--------|
| STICK | HELLO | RAT |
| AIOLI | ATEIN | ORG |
| DENIM | THEME | PARK |
| ONLY | PAGE | DAY |
| ALP | EVER | PAGING |
| POUR | EVER | VERSE |
| ONCE | MIRA | |
| GENDER | NEUTRAL | |
| EVER | USES | |
| INTER | ADVICE | |
| INDIES | VICED | FIX |
| MALL | COPI | DEEP |
| SWEET | IN | SW |
| EAR | GMARA | URBAN |
| TBS | RETRY | PRNDL |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 1 | 6 | 5 | 3 | 7 | 9 | 4 |
| 4 | 3 | 6 | 7 | 9 | 2 | 5 | 1 | 8 |
| 5 | 9 | 7 | 4 | 8 | 1 | 2 | 3 | 6 |
| 7 | 6 | 3 | 8 | 4 | 5 | 9 | 2 | 1 |
| 1 | 5 | 8 | 2 | 7 | 9 | 4 | 6 | 3 |
| 2 | 4 | 9 | 1 | 3 | 6 | 8 | 5 | 7 |
| 6 | 1 | 4 | 5 | 2 | 7 | 3 | 8 | 9 |
| 3 | 8 | 5 | 9 | 6 | 4 | 1 | 7 | 2 |
| 9 | 7 | 2 | 3 | 1 | 8 | 6 | 4 | 5 |

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SHARPEATS

See a food trend you think deserves a highlight in QP?

Email qc@leaderpost.com

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LOCAL FOOD SCENE

Traditional dishes to celebrate Chinese New Year

By Jenn Sharp

New Year's Eve is a big deal. People celebrate with drinks, eats and debauchery on Dec. 31. But no one celebrates the beginning of a new year quite like the Chinese.

Feb. 18 is the official Chinese New Year, but the preparations begin long before then.

In the most populous country in the world, the New Year's festival is the largest Chinese bring-to-bushtable event outside of home. Sharley Zhou organizes an annual cultural event in Saskatoon for the Chinese New Year and was happy to share some of her family's traditions.

CHINESE NEW YEAR:

WHAT YOU NEED TO KNOW

■ Chinese New Year, Feb. 18, is the first day on the lunar calendar.

■ The celebration lasts 15 days — this year, from New Year's Eve (Feb. 18) to March 4 (in China, people generally take a week of holidays during that time).

■ Similar to Christmas, the Chinese New Year is a time for family reunions. Children receive gifts of new clothes and/or red envelopes full of money.

■ Employees give employees red envelopes with a pay-end bonus.

■ The colour red means luck in Chi — people will dress in red and hang red decorations.

TRADITIONAL FOOD TO EAT

■ The biggest dinner is served on New Year's Eve — food is a very important part of the celebration.

■ Fish is always served; the Chinese pronunciation of "fish" sounds like "surplus".

■ Chinese people always like to have a surplus at the end of the year because they think if they have managed to save something at the end of the year, then they can make more in the next year," says Zhou.

■ Dumplings, a classic Chinese food, are served at midnight. In Zhou's fam-



Chinese New Year is a time for family and friends. Sharley Zhou celebrates with the Chen family (left), Philip and Yung (right) and her friends. PHOTOS BY HELEN MAHON

ily, her grandmothers and aunts made them for everyone. People in northern China serve dumplings, while people in the south make zongzi.

■ Legend has it that the more dumplings you eat during the celebration, the more money you can make in the New Year.

■ Oranges and apples are served because both bring good luck, and an easy and safe year.

DISHERS YOU CAN MAKE AT HOME:

Thanks to Philip Chen and Sharley Zhou for providing the recipes.

If you prefer someone else does the cooking, many Chinese restaurants in Regina will hold multi-course dinners to celebrate the New Year, just be sure and book ahead.



Spicy Sichuan chicken, pork steaks (dumplings) and a hot vegetable stir fry

SHARP EATS

CHINESE NEW YEAR ROASTED DUCK

INGREDIENTS

- > 2 whole duck
- > Fresh ginger, sliced into coins
- > 2 whole garlic cloves, peeled
- > 1 whole dried mandarin orange peel
- > 2 pieces of star anise
- > 2 stalks of green onion
- > 2 tsp salt
- > 4 tsp oil
- > 2 tsp hoisin sauce
- > 4 cups hot water (for steam box)
- > 1/2 tsp onion powder
- > 1/2 tsp cooking rice wine
- > 1 tsp sesame oil
- > 6 tsp Muggs Direct seasoning sauce

METHOD

1. To make the marinade: combine all ingredients, except duck.
2. Spread marinade inside duck cavity. Use about 1/2 cup marinade to rub and marinate overnight. Make sure it's a thickly even coat or the marinade will wash out.
3. Place a pot of water big enough to fit the duck to a rolling boil. Place duck in boiling water for 10 minutes. Lift out duck and set aside.
4. Add 1 1/2 cup white vinegar and 2 tsp Chinese mustard vinegar into boiling water. Mix well.
5. Hold duck over pot. Pour vinegar and mustard liquid on all sides of duck until well covered (no



Chinese New Year Roasted Duck

- part the bones).
6. Place duck on a larger platter and let dry overnight in refrigerator (using duck if possible).
7. On the day you'll eat the duck, preheat oven to 350° with a baking pan of cold water placed at the bottom of the oven.
8. Place duck in the oven rack over the baking pan, so fat and juices drip into the baking pan. Bake for 90 minutes, then let duck rest for 20 minutes.
9. Carve and garnish as desired.

SHANGHAI NOODLES

INGREDIENTS

- > 200g packet of fresh udon noodles
- > 1/2 white onion, julienned
- > 2 stalks of green onion
- > 1/3 carrots, julienned
- > One package of bean sprouts
- > 1/2 Chinese style BBQ pork, julienned
- > 1/4 lb shrimp
- > 1 tsp onion sauce
- > 1 tsp hoisin sauce
- > 2 tsp Muggs Direct seasoning sauce
- > 1 tsp dark soy sauce
- > 1 tsp hot chili oil sauce
- > 1/2 tsp sugar
- > 1/4 tsp salt
- > 1 clove of minced garlic

METHOD

1. Preheat water and boil.
2. Break up noodles before stir-frying. Heat pan with 3 tbsp of vegetable oil at high heat.
3. Stir fry garlic, onion, bean sprouts, carrots, green onion. BBQ pork and shrimp for one minute.
4. Add noodles and stir fry for two minutes.



Shanghai Noodles

5. Drizzle an ounce of stock well.
6. Right before you remove pan from heat, add 1 tsp sesame oil.

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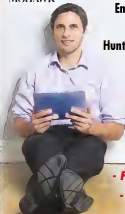
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SASKATCHEWAN'S BEST SPACES

A look inside a renowned Saskatoon artist's home

By Jenn Sharp

WHO? Hugo Alvarado, Juli Kordemak and their daughters Paloma and Rachel, along with three cats (all rescue), a Bernese mountain dog and a budgie (Joan Ricardo and Jose Miguel have moved out).

WHAT? A home that doubles as a studio space and art gallery for Alvarado, a renowned artist. Alvarado and Kordemak have a large art collection that once graced the walls of the home. However, every time a customer would come by, he had to take it all down and replace it with his work that was for sale. Now, it's just his paintings on the walls.

"It sounds a little bit selfish but then I realized it works (better) this way," he says.

The home is also full of the odd animals. The third cat to enter, Minka, was only supposed to stay the night, but she quickly earned herself a spot in Alvarado's heart.

"How can we look for out? I do upstairs to work and she goes with me, sits on my paintings, she loves it upstairs. I feel so close to her."

WHERE? In Saskatoon's Holliston neighbourhood.

WHEN? The couple moved in 17 years ago and purchased the home after renting it for eight years.

WHY? Before deciding to buy the rental house, the couple looked for new places in Saskatoon. But "it didn't feel right. This is a home," says Alvarado, who moved to Canada from Chile in 1996.

The studio is a very artist's dream space. Full of natural light and with a view of the backyard garden, Alvarado is surrounded by paintings (the studio, which he calls "Ten ladies, are waiting"), a shelf of art books and rows upon rows of acrylics organized by shade. His children like to paint too — son Ricardo "is very good painter" carries home from time to time to work in the studio with his dad.

HOW? Five years ago the four kids went to Chile to meet Alvarado's family. The couple used that time to refresh the hardwood floors. A large wooden staircase to Alvarado's studio had to be built into the sitting room when they discovered the original one violated the building code. Before the new staircase was built, there was room for a swing in the room, where Paloma and Ricardo spent many happy hours.

Ricardo and Jose Miguel helped build a large bookcase into the wall in the basement, as well as a whimsical pink, walled-in playhouse in the backyard for the girls.

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